



# Compassionate Ocean Zen Center

652 17th Avenue NE, Minneapolis, MN 55413  
(612) 781-7640 • OceanZen.org

## Spring Programs 2026

### Crossing to the Other Shore

*Exploring the Heart of Perfect Wisdom*

**Taught by Genpo Michael O’Neal, with Joen O’Neal**

*Consider our life as it is with its crying and laughing. There is in each case a trace left; of crying it is a trace of crying, and of laughing the trace of that laughter. Our living leaves these traces. What I emphasize always is that even when it is laughter, we should laugh with a truly empty heart. But we never do so.*

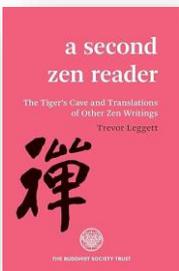
—Ryoun Obora, *On the Heart Sutra*, from *A Second Zen Reader*

The Heart Sutra is one of the major presentations of Buddhist insight. Only one page long, it has been described as “Buddhism in a nutshell.” It is chanted daily at Zen centers around the world, including ours.

In this course, we will study a commentary on the Heart Sutra written almost a century ago by Ryoun Obora, a Japanese Zen priest. Going through the sutra line by line, Abbot Obora illustrates how the meaning of the sutra can come alive in our daily lives as a central practice of compassion.

Each class will include zazen (sitting practice), presentations by the instructor, and discussion.

**Course Text:** *A Second Zen Reader* edited by Trevor Leggett



**Wednesdays, April 1–May 20**

**7:00–9:00 p.m.**

**(8 sessions) (#B117)**

*This course will be held in-person at the Center, with an option for remote participation via Zoom.*

**\$185 • members \$165 (fee includes course text\*)**

*\*Deduct \$15 if you obtain your own copy of the text.*

*Member rates apply to members of all local Buddhist centers.*

*Reduced fees are offered as needed; contact the Center at (612) 781-7640.*

**[www.oceanzen.org/buddhist-studies](http://www.oceanzen.org/buddhist-studies)**



## Introductory Program in Mindfulness

# Mindfulness-Based Stress Reduction (MBSR)

*A comprehensive, well-structured introduction to mindfulness practice in everyday life.*

It follows the nationally-acclaimed MBSR model developed by Jon Kabat-Zinn, presenting mindfulness as a universal practice for people of any (or no) religious background.

Skills are introduced in class, practiced at home, and integrated to form new habits. The program enables participants to develop their own base in mindfulness integrated into everyday life, using the practices of:

- sitting meditation
- gentle yoga
- body awareness meditation
- daily-life applications of mindfulness
- stress and relaxation practice

### What's included:

- an individual interview with the instructor
- eight two-and-a-half hour classes
- a six-hour Saturday retreat
- a copy of the book *Full Catastrophe Living* by Jon Kabat-Zinn
- four mp3 guided meditations
- weekly handouts

27 CEUs are available for nurses, social workers, educators, and psychologists.

The course fee is \$350, which includes the above materials. Gift Certificates are available. Payment plans and limited need-based support are also available. Please contact the Center to discuss.

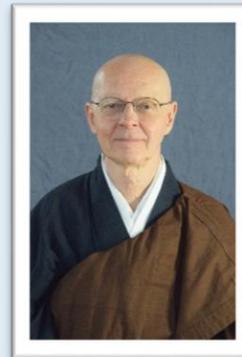
Enrollment is limited, and pre-registration is required.



**Tuesdays,**  
**March 31–May 19**  
**6:30–9:00 P.M.**  
(eight sessions) (#624)

**Instructor:**  
**Genpo Michael O'Neal**

*Genpo has been teaching this course since 1995.*



*This course will be offered in-person only.*

### Day of Mindfulness Retreat

**Saturday, May 9, 9:00 A.M.–3:00 P.M.**

This retreat is part of the spring MBSR program and is included for all current participants in the MBSR course. It is also open to graduates of past Compassionate Ocean MBSR courses on a donation basis. People not enrolled in the current course should visit [oceanzen.org/retreats](http://oceanzen.org/retreats) to register.

### What past participants have said about our MBSR Program

*"I feel calmer overall; even though the stress has not changed, I am better able to respond to it in a balanced way."*

*"The eight-week mindfulness class is an excellent way to both introduce and deepen this practice. It helped lower my stress and alleviate some pain issues. My mother was so impressed by the changes in me that she signed up too!"*

*"It has helped me find acceptance in what is—not wanting to achieve goals as if it were a checklist."*

*"Being in a room with others going through a journey together was a powerful experience."*

### Future MBSR Course Dates

- Summer course: June 9 – July 28
- Fall course: Sept. 22 - Nov. 10

[www.OceanZen.org/mindfulness](http://www.OceanZen.org/mindfulness)



## New to Zen?

*Newcomers are always welcome to participate; the boxed activities are especially for you!*

## Meditation & Dharma Talks

Most Sunday mornings throughout the year, Compassionate Ocean offers meditation practice (sitting and walking) followed by a Dharma talk and discussion. The talks focus on aspects of Buddhist teaching and their application to everyday life. Our practice is in the tradition of Soto Zen, with inspiration from the mindfulness practices of Thich Nhat Hahn. Everyone is invited to participate. There are no prerequisites or fees; donations are welcome. Sunday gatherings are co-led by Genpo and Joen O'Neal.

**Sundays, 9:00-11:15 A.M.**  
**(In-person and via Zoom)**

- 9:00 sitting
- 9:25 walking
- 9:35 sitting
- 10:00 dharma talk and discussion
- 11:15 ending



## Welcome Session for Newcomers

Guided meditation instruction and a Dharma talk oriented to those newer to Compassionate Ocean or Zen will be presented at these Sunday morning programs. These welcome sessions provide extra orientation and are a great time to bring a friend to attend the Sunday morning program for the first time. No pre-registration is necessary.

**(In-person and via Zoom)**

- **Sunday, Apr. 12, 9:00–11:15 A.M.**

## Intro to Zen Practice Mini-Course

This two-session introduction to Zen meditation and related practices is a starting point for those curious about or new to Zen. In it, guiding teacher Genpo O'Neal discusses Zen and its place in Buddhism and human life, answers questions about Compassionate Ocean Zen Center, and provides instruction in sitting meditation. The mini-course is in-person only. There is no fee.

- **Mondays, May 4-11, 7:00-9:00 P.M.**

**To register:**

[www.oceanzen.org/intro-to-zen](http://www.oceanzen.org/intro-to-zen)



## Weekday Morning Meditation

Five mornings a week, Compassionate Ocean hosts a forty-minute zazen (sitting meditation) period followed by a short chanting service. Everyone is invited to participate.

**Monday–Friday, 7:00–8:15 A.M.**  
**(In-person and via Zoom)**

- 7:00 zazen (sitting)
- 7:40 chanting service
- 8:00 temple cleaning
- 8:15 ending



## Weekend Sesshins (*Retreats*)

A *sesshin* (literally, “to gather the mind”) is a time when formal Zen practice is our primary focus. Sometimes these are informally called “retreats,” but in actuality they involve going forward into the heart of our lives. Each sesshin offers an extended opportunity to settle the mind and body and open to the deep wisdom of human life. Sesshins are led by Genpo and Joen O'Neal.

- **Friday, Mar. 27, 7:00 P.M.–Sunday, Mar. 29, noon**
- **Friday, April 17, 7:00 P.M.–Sunday, April 19, noon**
- **Friday, June 5, 7:00 P.M.–Sunday, June 7, noon**

These weekend sesshins will include sitting and walking meditation, a Dharma talk, a work period, and an opportunity to meet with a teacher. Each weekend sesshin also includes four vegetarian meals.

**Fee:** by donation.

**To register:** [www.OceanZen.org/retreats](http://www.OceanZen.org/retreats)

## Annual Meeting

**Sunday, May 3, 9:00 A.M.** *This will be in place of our usual Sunday morning program.*

Our Annual Meeting is an opportunity for all who are interested in the well-being of Compassionate Ocean to reflect on the state of our Center. Board members and our guiding teachers will review accomplishments from the past year, and board committees will report on finances and other important areas.

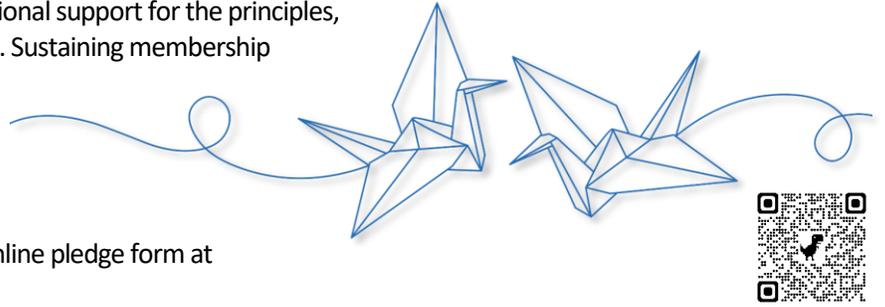
Sustaining Members of Compassionate Ocean will elect new members to the Board of Directors. There will also be an opportunity for everyone to share reflections, ideas, and aspirations for our Center. Everyone is invited to stay for brunch after the meeting. You can also attend via Zoom.

## Become a Member

*You are invited to become a Sustaining Member of Compassionate Ocean.*

Sustaining membership donations provide foundational support for the principles, practices, and community that make up our Center. Sustaining membership provides the largest single source of financial support for Compassionate Ocean, and makes it possible for our activities to continue and to be widely affordable.

Becoming a member is easy! Just complete an online pledge form at [www.OceanZen.org/membership](http://www.OceanZen.org/membership).



## Art-A-Whirl Weekend: Open House

*Make Compassionate Ocean a part of your Art-A-Whirl plans! Stop in while you're out enjoying Minneapolis's Arts District or email [admin@oceanzen.org](mailto:admin@oceanzen.org) to volunteer at our Open House.*



Compassionate Ocean will be having an Open House on Art-a-Whirl weekend, **Friday, May 15–Sunday, May 17**.

Located in the heart of the Northeast Minneapolis Arts District, Compassionate Ocean will be open to members of the public during this fun but frenetic weekend, providing a moment of peace, a chance to see our building, and an opportunity to learn about our practice.

**We are seeking volunteers for Art-a-Whirl weekend**—to help clean the building (before and after the event), greet and guide guests, and answer questions about our building, our programs, and Zen practice. Support will be provided. Email the Center for more information.

## 2025 Year End Appeal

We are **deeply grateful** to all who contributed to our 2025 Year End Appeal. **Over \$26,500 was donated** to help make it possible for us to offer space and programs that support our mission of cultivating full engagement with life-as-it-is, for the benefit of all.

*Thank You!*

## Guiding Teachers



Joen O'Neal and Genpo Michael O'Neal are the Guiding Teachers of Compassionate Ocean Zen Center. They practiced and taught for many years at the Minnesota Zen Meditation Center and Hokyoji Zen Monastery under the guidance of Dainin Katagiri Roshi. They have also practiced with Thich Nhat Hanh in France and the United States, and completed an MBSR training for professionals with Jon Kabat-Zinn. Both Joen and Michael are Zen priests.

*The Guiding Teachers are available for individual meetings regarding life and practice. To set up an appointment, call the Center.*